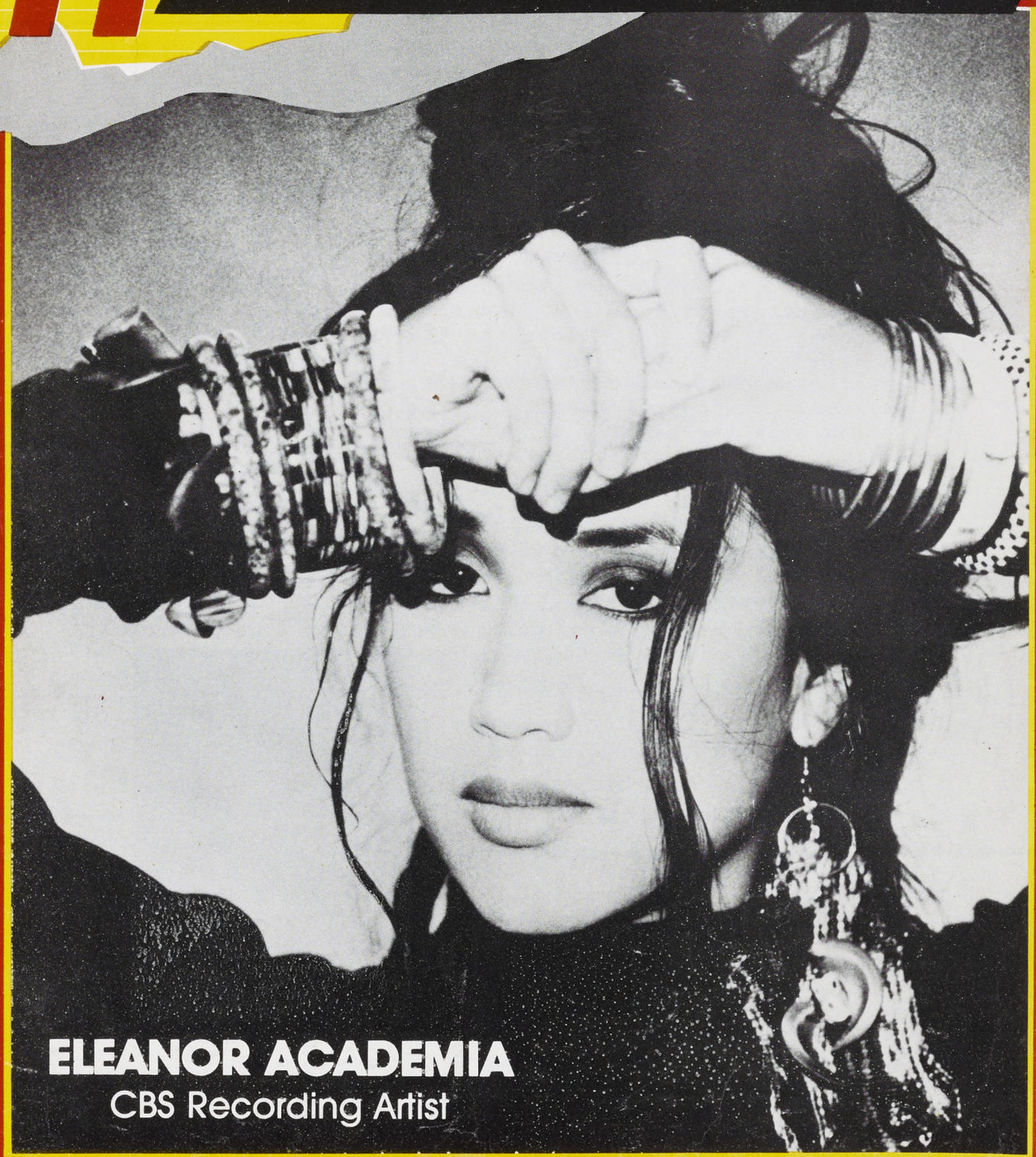
SEPTEMBER 1989

HERITAGE

VOLUME III, NO. 3

MAGAZINE OF FILIPINO CULTURE, ARTS, AND LETTERS



ELEANOR ACADEMIA
CBS Recording Artist

MALACAÑANG
MANILA

MESSAGE

I am happy to greet the publishers and staff of the Heritage magazine on the occasion of your second anniversary.

It is heartening to know that Filipinos abroad continue to support our efforts of maintaining a just and democratic society in the Philippines. We believe the freedom, which we now enjoy, is not won with a single revolution or after one historic victory. It is achieved with every accomplishment, great or small, that improves the quality of our lives and enables us to live together in brotherhood and peace.

With this thought, I ask every Filipino in the United States, through the Heritage magazine, to remain true to our Philippine heritage, ever proud of those qualities by which our people have been known throughout the world.

Manila, Philippines
June 15, 1989

Corazon C. Aquino

HERITAGE

MAGAZINE OF FILIPINO CULTURE, ARTS, AND LETTERS

Vol. III, No. 3
September 1989

Quarterly magazine of Filipino culture, arts and letters.

Victor P. Gendrano
Editor and Publishers

Alejandrino G. Hufana
University of the Philippines
Literary Editor

Reynaldo G. Alejandro
Greenwich Village, New York
Food Editor

Mario D. Zamora, Ph.D.
Williamsburg, Virginia
Cultural Anthropology
Consultant

Emmanuel Gendrano
Computer Consultant

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LETTERS . . .

LITERARY GUILD

I thought I would write to tell you that, from the evidence in this (June) issue, you are demonstrating the validity of your objective — to make Heritage a "magazine of Filipino culture, arts and letters."

In this second anniversary issue, I note the following articles particularly useful:

1. traditional cultural values,
2. your continuing series on the Philippine constitution,
3. Philippine cuisine, and
4. Philippine national anthem.

I note from a brief item on page 23 that you are organizing what you call a Filipino literary guild. I would like further details on this matter.

I personally feel that this is an idea which needs implementation sooner than later. I am one of those who believe that the continuity of Philippine traditional values and an awareness of advances in the arts, sciences, humanities, and letters by Filipinos need focus, emphasis, and accentuation.

- Manual A. Viray, Norfolk, VA.

HERITAGE

Your quarterly magazine, Heritage, is impressive, and you are to be commended for providing this valuable resource to the Filipino American community.

I am delighted to have the opportunity to share your publication with friends here in the Pacific Northwest, and I appreciate your generous offer to spread the word about my campaign for mayor of Seattle . . .

You have my best wishes for the continuing success of your venture. The magazine represents a tremendous investment of time, energy and talent, and you are certainly fulfilling a worthy goal by contributing to our knowledge of our cultural heritage.

— Dolores Sibonga, Councilwoman and Candidate for mayor, Seattle, WA.

Your cultural magazine, Heritage, is a wonderful publication on Filipino culture. Congratulations and happy anniversary. I'm wishing you all the best.

— Corazon Ugalde Yellen, Beverly Hills, CA.

THE FOREIGN SERVICE OF THE PHILIPPINES

PHILIPPINE CONSULATE GENERAL
3460 WILSHIRE BOULEVARD, SUITE 1200
LOS ANGELES, CALIFORNIA 90010
TEL. (213) 387-5321

August 28, 1989

Dear Mr. Gendrano:

On behalf of the Philippine Consulate General in Los Angeles, I wish to express our sincere appreciation for your donation of a complete set of back issues of the Heritage magazine for the Consulate library.

It is very encouraging to see our compatriots use the print media to propagate the rich Philippine cultural heritage in the United States, as well as to render valuable public service to the Filipino-American community.

Congratulations also on the celebration of the second anniversary of Heritage. We wish you every success in all your endeavors.

Very truly yours,

LEONIDES T. CADAY
Consul General

Mr. Victor P. Gendrano
Editor and Publisher
Heritage Publishers
P. O. Box 9160
Long Beach, CA 90810

SUBSCRIPTION

Enclosed is my subscription for one year. I look forward to reading this informative and educational magazine.

— Meg Thornton, SIPA Director, Los Angeles, CA.

Sorry about the delay of our check (for two years subscription). I can imagine the effort you're exerting in just keeping the magazine afloat. Keep us in your subscription list and good luck in your worthy endeavor.

— Bernardo and Lilian Macam, Los Angeles, CA.

Please renew our subscription to Heritage. We enjoy your magazine and are looking forward to another year of it.

— Robert and Cynthia Cato, Gardena, CA.

Sorry for the delay in the renewal of our subscription. Sometime after the hot season, I would like to invite you to meet some of the Filipinos in Riverside. I have been telling them about Heritage magazine and your worthwhile endeavor to promote our rich cultural heritage.

— Ernie and Poly Tuazon, Riverside, CA.

THANK YOU

Your enthusiastic support of our celebration of Philippine Independence Day was greatly appreciated. The residents really enjoyed themselves. Having other agencies such as yours participate in and support our events really makes the residents feel good about the community and themselves.

— Allison Tsukimura, Asian American Drug Abuse, Inc. Los Angeles, CA.

GLIMPSE OF FILIPINO CULTURE

By Floro Mercene

Filipinos are people who lived for 300 years in a Spanish convent and 50 years in Hollywood.

Of the world's many cultures, the culture of the Filipinos is one of the most unique. It is so unique and different, that it has brought about an acute identity crisis. The difference has seeped even into the language of the Filipinos.

In downtown Los Angeles recently, a group of Filipino American youngsters had a run-in with a neighborhood gang who yelled at them with the well-known taunt, "Madafaka!" In the Filipino language, Tagalog, the pejorative means "May you fall flat on your face!"

To a man, the Fil-Am boys yelled back at their tormentors with a confounding "Madafaka rin!" May you fall flat on your face, too.

IDENTITY CRISIS

The identity crisis of the Filipinos is a two-fold affair. On one side, they themselves could not comprehend who they really are. Reversely, people abroad, notably in America and Europe, often mistake them for what they are not — as Japanese, Chinese, or Thais, but not as Filipinos.

Another aspect of the identity crisis is related to geography. Even in this age of instant communications, many people think the Philippines is in Hawaii or somewhere in the Carribean.

Are the Filipinos worried by all these? Not on your life. They carry their uniqueness with elan, even with pride, and make light of their being different from others with self-deprecating humor. One of their standard jokes about themselves, which is in fact the best definition of their psyche, is, that the Filipinos are a people who lived for 300 years in a Spanish convent and 50 years in Hollywood.

This is a reference to the historical fact that Filipinos had been subjects of Spain for three centuries and wards of the United States for 50 years.

The Philippines, a string of more than 7,000 emerald islands lying in the South China Sea between Taiwan and Indonesia, was discovered for the western world by the Portuguese navigator Ferdinand Magellan in 1521.

A local chieftain named Lapu-Lapu slew Magellan for interfering in a local dispute and, Filipinos now claim, it remained for an intrepid Filipino youth named Henrique, Magellan's guide and interpreter, to complete the astounding first circumnavigation of the world.

Filipinos, who like to boast that they are the only Asians with a sense of humor, thought this was the ultimate joke that they could inflict on their former colonizers.

Magellan's discovery of the islands is also made light of because the Chinese had been there first, trading with the Filipinos for nigh a thousand years before the Spaniards set foot on their shores.

EAST-WEST PRODUCT

The mish-mash of cultures that one finds in the Philippines has molded a people that is truly a product of the East and the West. The Filipinos go about with Spanish names, but they cannot speak Spanish. They'd rather speak in English, American English with Filipino accent, even when speaking in their native tongue.

At the end of the Spanish-American War in 1898, the United States took possession of the islands from Spain and proceeded to introduce an American-style system of education, with English as the medium of instruction. One of the important legacies by the United States when it restored Philippine independence on July 4, 1946 was the English language, of which nearly 90 per cent of the Filipinos speak and understand.

Besides being partly Hispanic and American, the Filipinos are also partly Chinese because of their long contact with this race. And it is well to remember that they are basically members of the Malay race, famous for their laid-back lifestyle, their sense of fatalism and their tendency to go into moods of lassitude. *Bahala na* is a common Filipino phrase that means "tomorrow will take care of itself."

HISPANIC INFLUENCE

Three hundred years of domination by the Spaniards allowed the Filipinos to inherit their best and worst traits. The *manana* habit, for one, putting off for tomorrow what you can do today, suited his Malay temper only too well.

The Filipinos also imbibed the well-known Spanish habits of hypocrisy, subservience, and civic irresponsibility. A curious fact about them, as noted by a European writer, is that Filipinos are clean in their personal habits and have homes that are neat and orderly inside, but their surroundings are the opposite.

The Spaniards imparted to the Filipinos a deep sense of personal piety, a sense of personal dignity or amor propio, and the cult of machismo.

POLITICS

Their worst Spanish traits are reflected in their politics. To Filipinos, to quote the diplomat and writer Leon Ma. Guerrero, politics has come to mean "for some the most pleasant and least demanding of professions; for others the most thrilling and expensive of sports, and for very few, the art of knowing, evaluating and serving the national interest."

Few people on earth are as engrossed in politics as the Filipinos simply because, as Guerrero pointed out, "they interpret political power in terms of satisfying vanity and ambition, of indulging covetousness, of being prodigal and with the money of others, of expediting vengeance, of amassing a fortune, of rising in society, in short of glutting every ignoble appetite."

The Spaniards also imparted to the Filipinos a deep sense of personal piety that sustains them in misfortune, a sense of personal dignity or *amor propio* that drives them to do things which are sometimes comic and tragic, and the cult of machismo, the source of their split-level values of morality.

Continued next page

The proverbial story of the crabs unable to escape from inside a pail because they were pulling each other down all the time is well known.

ENVIDIA

Lastly, the Spaniards gave the Filipinos that worst of Spanish traits — *envidia,* envy. The proverbial story of the crabs unable to escape from inside a pail because they were pulling each other down all the time is well-known in the entire Hispanic world.

For years and years, Filipinos in Los Angeles have been trying to unite under an umbrella organization in order to wield political clout. These efforts have failed because of *envidia.* There are more than half a million Filipinos and Filipino Americans in Southern California broken up into more than 300 organizations of assorted names, sizes and absurdity.

AMERICAN INFLUENCE

Half a century of exposure to the American system and ways have made the Filipinos partly American. Carlos Bulosan, the eminent writer who "graduated" from the Los Angeles Public Library, saw a difference, however. He wrote that in the United States kids play around with their shirt tops, but in the Philippines the kids go about without their pants.

During World War II, only the Filipinos of all the Asian peoples sided with the West in the war against the Japanese. They fought on the side of the Americans, not out of a sense of loyalty or gratitude, but because of a conviction that "even in a racial war the American side was naturally the Filipino side."

Most Filipinos today grew up on a diet of Tom Mix and George Raft movies, the Charleston, the boogie and chewing gum. When they moved to live in the United States, they did not suffer pangs of alienation because to them America was home, too.

If Filipinos learned something important from the Americans, it was to understand the true meaning of equality, the equal opportunity to become a success. Success in terms of money, material wealth and power are things Filipino covet like everyone else. At the same time, he imbibed something of the American temper, the temper of the optimist, the go-getter, the do-gooder.

CRAB MENTALITY

NATIVE TRAITS

Of the Filipinos' native traits, two are crying out for emphasis: his sense of *hiya,* literary meaning shame and much more, and his sense of *utang na loob,* literally meaning gratitude and again something more than that.

Hiya comes from that common Oriental institution known as face which, in the case of Filipinos, comes in many subtle shades and nuances. Filipinos will say yes when he means no, not out of deviousness or lack of character but to avoid a direct confrontation, or to save the other person from embarassment.

To be *walang hiya* (without shame) among Filipinos is to be rendered the grossest insult. *Utang na loob* means that a favor owed, no matter how trivial, must be repaid ten times if it takes a lifetime. Again, among Filipinos, a person without *utang na loob* is someone who must be avoided at all costs.

But the Filipinos most outstanding trait is his sense of hospitality, his innate kindness. In the countryside of the Philippines, it is perfectly normal for visitors to knock on the door of a house and ask to be taken in for the night. He is assured of a good dinner and the best bed in the house, while his host will sleep on the floor.

This custom is based on an ancient Filipino belief. Beware of strangers knocking on your door. He may be a god who has come disguised as a human being to look at your heart.

Many strangers have come to their land and were treated with boundless hospitality by the Filipinos. Some even borrowed the masks of the strangers to see the world through them. They liked what they saw and have kept the masks on forever.

GAMES FILIPINO PLAY, II

COCKFIGHTING IN THE PHILIPPINES

Sabongero pampering his game cock.

Cockfighting is considered the Filipino traditional gambling sport and the national pastime of the Philippines. It is usually held on Sundays, holidays and during fiesta time from the lowliest barrio to the modern city.

Any self-respecting town has, in addition to a church, plaza, and basketball court, a cockpit which is usually located just on its outskirts.

Come Sundays after mass, the menfolk from all walks of life gravitates towards the cockpit to observe and participate in the *pintakasi,* as the event is locally called.

Cockfighting is also called "sabong" and the cockpit "sabongan." The area itself lends a festive air. Stalls all around the building transform the place to an open market where anything from food, groceries, apparel and other kinds of goods are bought and sold.

HISTORY

Nobody knows how cockfighting originated in the Philippines. However, it was already existing in the country even before the Spaniards landed in the Philippines in 1521.

Pigafetta, the Spanish chronicler who accompanied Magellan, reported to have witnessed the sport in Palawan. In 1771 the Spanish government tried to outlaw the sport but failed miserably. In the end, it wa sanctioned by the government as an additional source of revenue, especially for the provinces. During the American occupation of the Philippines, similar efforts to ban cockfighting also failed.

Cockfighting was so popular among the natives, rich or poor, that the Spaniards had a standing joke about the Filipino's relationship with his fighting cock. It is said that in the event of fire to his house, a Filipino will first rescue his game cock before his wife and children.

THE COCKPIT

The cockpit is usually a building made of local materials such as bamboo and wood with a space at the center where the cocks engage in dueling to the death. Around this is a bleacher where he spectators and bettors are located to get a good view of the fight.

Continued next page

Continued from page 7

First, two fighting roosters are matched according to approximate weight and size, or whether one is native or imported. Then, when they are matched as closely as possible so one does not have an edge over the other, the two owners agree to have the fight.

THE FIGHT

Each cock is then fitted on the left leg with a razor-sharp blade similar to a small knife called a spur or slasher. There is an art in tying this spur and only a qualified expert heeler can do it properly. First he has to select the best type of slasher for the cock and tie it at a proper angle. The tie should not be too tight to hamper the movement of the leg nor too loose that it sags or falls down, thus rendering it ineffective.

After the preliminary rites, which include tailing (grasping the tail of the cock while confronting the other which is similarly held) and making them mad by letting each one get pecked on the ear, the spurs are unsheathed and the fighting cocks are then let loosed in the arena where they engaged in deadly combat.

RULES OF THE GAME

Generally, the rules are simple. The cock which ends up alive is declared the winner. If one runs away, its opponent wins. If both of the game cocks die at the same time or one runs away from a dead opponent, the match is a draw.

There are only three persons allowed in the arena, the two handlers of the fighting cocks and a judge whose decision is final.

BETTING

Before the actual fight begins, bets are placed by the owner and his backers to match the bets of the opposite side. These are collected later after a fee is deducted by the owner of the cockpit.

Just before the fight begins, betting is either done by two persons by themselves or by a bookmaker who enters the arena and calls for bets from all over the bleachers. The bookmaker does not keep the money at any time but only remembers who bet how much against another bettor. Depending on the outcome of the match, at the end, he collects the money from the losers and brings the money to the winners.

A prized imported "Texas" game cock which well-heeled sport aficionados import from abroad.

Since the bettors are seated all over the bleachers, it is a marvel that the bookmaker remembers not only from whom the money should be collected and to whom it should be given, but also how much for each one. For his effort, the booker gets a tip from the winners.

THE AFTERMATH

The winner gets the defeated cock as a prize which ends up in his dinner table. If the fight ended in a draw both owners get to keep their rooster. Some owners cannot bear to eat their prized cocks which they have raised and groomed for quite a long time.

Fortunately their families don't share the same compunction, so, at least for one day, they feast on chicken, a rare threat which is usually reserved only for special occasions. Badly wounded cocks, by the way, end up similarly in the owner's dining table.

Some winning roosters, if not so badly injured, are attended to right away by gamecock "doctors" who put herbs and other healing materials to their wounds. After they are fully healed, which may last many weeks or months, they are gradually groomed to fight again.

It is not unusual for a veteran gamecock to earn a winner's reputation and become highly prized and well-known in the community because of its prowess and winning ways in the cockpit. When its fighting days are over, either by getting old or being disabled, it gets its reward by becoming a stud to a group of selected hens for breeding purposes. It is from their offsprings that the owner hopes to select and raise a worthy successor to the old warrior.

GAMECOCK GROOMING

In the rural areas, many a man of the house patiently cares and grooms a rooster he carefully picked from his chicken flock. He exercises it everyday, feeds it the choicest kernels, and provides it with fresh water to drink.

He carries his gamecock around the neighborhood and keeps massaging its body while waiting for his turn for a haircut, for instance, or while whiling away time in idle conversation with friends.

A scene in a typical weekend morning can easily be multiplied in other small towns in rural Philippines. Squatting on a neighborhood corner or seated on a bench, we find the common folks engrossed in mundane talks with their ubiquitous gamecocks in their hands. From time to time, almost automatically, they gently and affectionately massage their gamebirds.

PINOY PROFILE

ELEANOR ACADEMIA

CBS RECORDING ARTIST

Eleanor is the first Filipino American and Asian artist signed by Epic/Sony in Japan and Columbia Records in the United States to cut and produce her records. She is currently finishing the second of a three-record contract. With the later acquisition of CBS by Sony, the merger is now known as CBS Sony Records International.

DEBUT ALBUM

Eleanor's debut album, "Jungle Wave," is an East-West blend of music combining modern electronic keyboards, guitars and synthesizers with the unique use of ancient Philippine tribal musical instruments. In a way, it mirrors Eleanor's life as she was born and raised as an American, but soon embraced a rediscovered Philippine roots and cultural heritage.

Except for one song which was composed by Jerome, her brother, all the pieces in the album were composed, written, arranged, and produced by Eleanor. She also provided the vocals and played the various Philippine indigenous instruments, like the kulintang, nose flute, bamboo harp, drums and others.

Her brother, Jerome, who has a degree in music and filmmaking and a recording engineer and musician-songwriter in his own right, assisted Eleanor in the production of "Jungle Wave."

ADVENTURE SINGLE

Her single from the album, "Adventure," rose to Number 1 in the dance music chart in *Billboard* magazine starting the week of May 2 last year. It started as a Break-out record moving to No. 29 the following week. It then rose to No. 23, No. 15, No. 9, No. 5, No. 3, No. 2 and finally in No. 1 position after only eight weeks. Eleanor thus became the first Asian pop artist on a Japanese record label whose record rose to the top of the American charts.

EARLY LIFE

Eleanor was born in Ewa Beach, Hawaii, the second of three gifted children, of Filipino parents from Zambales and Pangasinan provinces. Her father was in the navy and, as such, they moved from place to place. The family had lived in Coronado, Long Beach, and Midway Island before relocating to National City, a multi-ethnic suburbs of San Diego. It is here where Eleanor obtained her early education.

An all-around achiever in school, Eleanor excelled in music, sports and literary attempts. She played basketball, was captain of the tennis team, editor of the school paper, and participated in school debates, while maintaining her straight-A average.

She graduated with honors from Sweetwater High School in 1976 and was admitted to the University of Southern California on a full tuition scholarship. Earlier, she had attended El Toyon Elementary School and Granger Junior High School.

ETHNIC MUSIC

In 1980, on a break from her studies of music at the University of Southern California, Eleanor happened to meet Bayani Mendoza de Leon in San Diego. He was a Fulbright scholar taking his masters in electronic music at the University of California at San Diego. His father is the national composer of the Philippines.

This was the turning point in Eleanor's life. For the next four years,

she immersed herself, under Bayani's tutelage, on the history, culture, and ethnic music of the Philippines. At Bayani's suggestion, Eleanor visited the Philippines. There, she further studied under Dr. Lucrecia R. Kasilag, then artistic director of the Cultural Center of the Philippines and Dr. Aga Mayo Pultucan of the University of the Philippines.

It was at this time that the idea of producing a music infused with tribal Philippine instruments was born.

Ms. Eleanor Academia at radio station KZAN where she was interviewed by Danny Macabuhay, Station Manager.

LOVE OF MUSIC

To Eleanor, music is her life and her passion. Her love for music started early. Blessed with a perfect pitch, she learned piano at the age 3. Hidden from view, she would listen to her sister play her lessons which she will then play flawlessly as soon as her sister left the piano. At this tender age, she already knew that music will be her lifelong preoccupation.

She started writing songs at the age of 8. In school she studied violin and played it for 10 years in the school's honors orchestra. She also learned to play clarinet, flute, cello, viola, and church organ. Her life revolves into music all the time, such that every summer in school, she always took music and art and nothing more.

PAYING HER DUES

In between academic studies in high school and the university, Eleanor did stints with different bands and groups. When she was just 13 years old, for instance, she took over the band of her cousin and arranged all the music for the instrumentalists. While still in high school, she played in clubs in San Diego doing keyboards and singing background vocals.

While busy with her course work at USC and her studies of Philippine music and culture, she worked for free as musical conductor for the Quincy Jones workshop in Los Angeles.

Eleanor also had internship with Donald Byrd, played with Jerome Richardson and arranged for deejay Rod McGrew's Brotherhood Crusade dinner. She also joined Ray Parker Jr. in a world tour and worked with Phil Upchurch, Carmine Appice and Hiroshima.

She was literally all over the place paying her dues as a keyboard player, arranger, musical director and conductor honing her skills and imbibing all these experiences.

KULINTANG INSTITUTE

As an offshoot of her studies of Philippine indigenous music, Eleanor founded the World Kulintang Institute and Research Studies Center, Inc., a non-profit organization based in Reseda, California. It is dedicated to the preservation, teaching and appreciation of this ancient Filipino music which antedated the arrival of the Spaniards in the Philippines in 1521.

The first workshop on kulintang music was held at the Center on November 12, 1988 with Danongan Kalanduyan, ethnomusicologist and Maguindanao expert on kulintang, as the guest artist. The next expert at the second workshop held on March 18 to 19 this year was Dr. Usopay H. Cadar, a native Maranao and ethnomusicologist from the University of Washington.

Since then, Eleanor has been busy presenting kulintang music to various schools and civic organizations and at several social functions as well.

SECRETS OF SUCCESS

Eleanor is a very intense and passionate human being with a streak of controlled wildness in her and possessed of a single-minded purpose, yet with a strong sense of humor. Prodded on to reveal the secrets of her success, Eleanor unhesitatingly and unequivocally declared, "There are only two words and only two, and these are, HARD WORK!"

PHILOSOPHY OF LIFE

Unwittingly, she revealed part of herself and her philosophy of life in our talks. For instance, she considers that there are three types of people, the consumer who does nothing but consume; the neutral zone people who never exercise their will and are controlled by others; and the producer who are the people who create.

"I see myself as a very passionate producer and a creative artist," Eleanor avowed. Aside from music, her other creative outlets are drawing cartoons and writing poetry.

"I want to link my heartbeat with the rhythm and sounds of the universe," Eleanor confesses. "I see the world as full of sound. I use my body and my whole being as an instrument to allow these to pass through me. Then what I do is shape them so that the masses out there can connect with me."

For Eleanor Academia, this creative flow which bridges her music and art to her audience goes on uninterruptedly. So also are her efforts to teach and promote the indigenous and dying art of kulintang, a truly Philippine pre-hispanic music. Fortunate indeed are those who care to stop and listen, for the rewards are there for the asking.

MINDING YOUR HEALTH

DON'T SMOKE. NO IFS, ANDS OR BUTS.

Scientists and doctors used to think there was a link between cigarette smoking and heart attack. Now they don't just think it. They know it.

Fact is, smoking doubles your risk of heart attack and increases your risk of sudden cardiac death two to four times. Moreover, post-heart-attack survival rates are greatly reduced among smokers compared to nonsmokers. All in all, more than 300,000 Americans die as a direct result of smoking each year, the majority from heart attack.

Of course, the best precaution is never to start smoking in the first place. The next best option is to quit. Now. Because the sooner you quit, the faster your cardiac risk will decline. Within 10 years, a former pack-a-day smoker has as little risk as someone who's never smoked a single cigarette.

If you smoke and need help kicking the habit, ask your doctor for advice or call your local American Heart Association. No one says quitting is easy. But it's a whole lot easier than coping with heart disease.

Quit smoking.

American Heart Association

WE'RE FIGHTING FOR YOUR LIFE

TEN RULES FOR LUNG HEALTH

1. Don't smoke.
2. If you do smoke, quit! Ask your American Lung Association for help to "Kick the Habit."
3. Avoid second-hand smoke, especially in crowded and poorly ventilated rooms.
4. If you have a persistent cough, frequent colds, or if you are out breath after a simple exercise, consult your doctor.
5. If you already have a lung disorder, ask your doctor about a flu or pneumonia shot.
6. If you have been in contact with someone who is sick with tuberculosis, consult your doctor.
7. Check for lung hazards on the job and in the home products you use and try to eliminate them to protect yourself.
8. Keep small objects that can be inhaled out of reach of small children.
9. Be sure your children have the proper immunizations and booster shots. Ask the doctor or nurse which ones.
10. Do your part in fighting air pollution. Keep your car well-tuned and your heating plant efficient.

LUTONG PINOY • FILIPINO CUISINE

PUTO AND DINUGUAN

Filipinos are fond of eating a combination of two food items which when eaten singly seems to have something missing and does not quite agree with their taste. However, if eaten together, somehow the blending and taste of the two items complement each other very well.

Examples abound in the Philippine culinary scene. *Puto* in itself is delicious; eaten with *suman* (rice cake) it even tastes better. Even without *suman, puto* tastes good with shredded coconut.

Green mangoes go well with *alamang* (brined prawns); *siopaw* with *mami;* and, of course, puto and *dinuguan,* our featured recipes this issue.

PUTO

3 cups flour
3 cups milk or water
1/2 cup sugar
3 teaspoons baking powder
1/2 teaspoon *anis* flavoring

1. Mix all ingredients in mixing bowl.
2. Stir by hand with a wooden spoon until well blended or blend in mixer for 3 minutes.
3. Pour mixture into greased muffin pan and steam for 10 minutes.
4. Serve with *dinuguan* or grated coconut.

DINUGUAN

2 pieces pig maw
2 pig snouts
1/2 lb. liver
2 lbs. blood (pork or beef)
1/2 cup vinegar
1/4 cup oil
Garlic, chili pepper
Salt to taste

1. Boil meat in a large pot until tender.
2. Remove meat from pot and set aside to cool. (Save broth).
3. Cut meat into about 1 inch strips.
4. Saute the garlic in a big skillet until brown, then add the meat.
5. Cover the skillet, reduce heat, and let simmer for 10 minutes.
6. Add the broth, vinegar, and blood and boil for 15 minutes.
7. Add chile peppers and salt to taste. Serves 10.

Submitted by Sally Cuarenta of Carson, California.

A Guide for Selecting and Preparing Your Food

Meat, Seafood and Poultry

Eat meat, seafood and poultry in moderate amounts. Most seafoods and poultry have fewer calories than fatty cuts of red meat. They do contain cholesterol, though, so keep portions the same as for red meat. Lean red meat is available; look for it at your meat counter.

Here are some tips about choosing and preparing meat, seafood and poultry:

1. Select the meat with the least amount of visible fat. This means getting the meat with the least amount of marbling (fat in the muscle tissue) and the least amount of fat around the edges. In fact, when you get home, trim off as much fat as you can. When buying ground beef, get the leanest meat available and pour off the fat after cooking it.
2. Prepare meats using low-fat preparation methods. (Broil or bake instead of frying.)
3. Skim the fat from meat juices before adding them to stews, soups and gravy.
4. Avoid high-fat processed meat products such as bologna, frankfurters, salami and bacon. Use chicken, turkey or fish as sandwich fillings instead.
5. Liver, tongue, kidneys, sweetbreads, heart, and brains are very high in cholesterol, so don't eat them often. Liver is an especially good source of iron, so it's all right to eat in small amounts occasionally. Don't eat more than three ounces of it per month, however.
6. In poultry most fat is right under the skin, so remove the skin before cooking.
7. Shrimp, sardines, and lobster are higher in cholesterol than other seafoods, so eat smaller portions, or eat them less often.
8. Meat 'shrinks' when cooked, so for each three-ounce serving of cooked meat, fish or poultry, buy an extra ounce or two to allow for shrinkage and waste. Allow two extra ounces for meat with bone.
9. Limit your consumption of eggs to two a week, counting those used in cooking.

_____**Vol. X, No. 4, Winter 1996.** Estrella Ravelo Alamar, founder, Filipino American Historical Society of Chicago. Tom Tañada, "El Pinoy Liberace." Filipinos in Kansas city. Filipino entrepreneurship in Hawaii. Keeping the spirits of 1896 alive. Liberation from colonial culture. Rizal, the book lover. Poems, essays, short stories.

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Published continuously since 1987, Heritage aims to heighten cultural awareness of other people to Philippine history, customs and traditions for mutual respect and understanding of each other.

It reports on the achievements and way of life of Filipino expatriates and encourages expression of their latent literary talents. It hopes to enhance the image of Filipinos everywhere and to instill in them and their children pride in their heritage.

Educational in nature, Heritage is a general interest magazine which is particularly suited to students and social studies teachers to fill the glaring need for multicultural materials patently lacking in school, college, and university libraries.

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_____**Vol. X, No. 3, Fall 1996.** Andres Bonifacio, founder of the Katipunan. Filipina singer Louvette debuts new CD. Philippine Independence Day in the South. Filipino Americans in Northeast Florida. Joe Sabroso, Teacher, wood sculptor and master carver. Ishmael Luzuriaga Antonio, "1995 Pararescue Man of the Year." Descriptive way of telling time by early Tagalogs, Historic Bohol, "God's Little Paradise." Understanding Filipino parents and grandparents. San Lorenzo Ruiz de Manila. Envelope stuffing and home mailing fraud schemes. The Filipino American experience. Poems, essays, short story, book review.

THE 1986 PHILIPPINE CONSTITUTION

ARTICLE XII
NATIONAL ECONOMY AND PATRIMONY

Sec. 11. No franchise, certificate, or any other form of authorization for the operation of a public utility shall be granted except to citizens of the Philippines or to corporations or associations organized under the laws of the Philippines at least sixty per centum of whose capital is owned by such citizens, nor shall such francise, certificate, or authorization be exclusive in character or for a longer period than fifty years. Neither shall any such franchise or right be granted except under the condition that it shall be subject to amendment, alteration, or repeal by the Congress when the common good so requires. The State shall encourage equity participation in public utilities by the general public. The participation of foreign investors in the governing body of any public utility enterprise shall be limited to their proportionate share in its capital, and all the executive and managing officers of such corporation or association must be citizens of the Philippines.

Sec. 12. The State shall promote the preferential use of Filipino labor, domestic materials and locally produced goods, and adopt measures that help make them competitive.

Sec. 13. The State shall pursue a trade policy that serves the general welfare and utilizes all forms and arrangements of exchange on the basis of equality and reciprocity.

Sec. 14. The sustained development of a reservoir of national talents consisting of Filipino scientists, entrepreneurs, professionals, managers, high-level technical manpower and skilled workers and craftsmen in all fields shall be promoted by the State. The State shall encourage appropriate technology and regulate its transfer for the national benefit.

The practice of all professions in the Philippines shall be limited to Filipino citizens, save in cases prescribed by law.

Sec. 15. The Congress shall create an agency to promote the viability and growth of cooperatives as instruments for social justice and economic development.

Sec. 16. The Congress shall not, except by general law, provide for the formation, organization, or regulation of private corporations. Government-owned or controlled corporations may be created or established by special charters in the interest of the common good and subject to the test of economic viability.

Sec. 17. In times of national emergency, when the public interest so requires, the State may, during the emergency and under reasonable terms prescribed by it, temporarily take over or direct the operation of any privately owned public utility or business affected with public interest.

Sec. 18. The State may, in the interest of national welfare or defense, establish and operate vital industries and, upon payment of just compensation, transfer to public ownership utilities and other private enterprises to be operated by the Government.

Sec. 19. The State shall regulate or prohibit monopolies when the public interest so requires. No combinations in restraint of trade or unfair competition shall be allowed.

Sec. 20. The Congress shall establish an independent central monetary authority, the members of whose governing board must be natural-born Filipino citizens, of known probity, integrity, and patriotism, the majority of whom shall come from the private sector. They shall also be subject to such other qualifications and disabilities as may be prescribed by law. The authority shall provide policy direction in the areas of money, banking, and credit. It shall have supervision over the operations of banks and exercise such regulatory powers as may be provided by law over the operations of finance companies and other institutions performing similar functions.

Until the Congress otherwise provides, the Central Bank of the Philippines, operating under existing laws, shall function as the central monetary authority.

Sec. 21. Foreign loans may only be incurred in accordance with law and the regulation of the monetary authority. Information on foreign loans obtained or guaranteed by the Government shall be made available to the public.

Sec. 22. Acts which circumvent or negate any of the provisions of this Article shall be considered inimical to the national interest and subject to criminal and civil sanctions, as may be provided by law.

ARTICLE III

SOCIAL JUSTICE AND HUMAN RIGHTS

Sec. 1. The Congress shall give highest priority to the enactment of measures that protect and enhance the right of all the people to human dignity, reduce social, economic, and political inequalities, and remove cultural inequities by equitably diffusing wealth and political power for the common good.

To this end, the State shall regulate the acquisition, ownership, use, and disposition of property and its increments.

Sec. 2. The promotion of social justice shall include the commitment to create economic opportunities based on freedom of initiative and self-reliance.

LABOR

Sec. 3. The State shall afford full protection to labor, local and overseas, organized and unorganized, and promote full employment and equality of employment opportunities for all.

It shall guarantee the rights of all workers to self-organization, collective

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bargaining and negotiations, and peaceful concerted activities, including the right to strike in accordance with law. They shall be entitled to security to tenure, human conditions of work, and a living wage. They shall also participate in policy and decision-making processes affecting their rights and benefits as may be provided by law.

The State shall promote the principle of shared responsibility between workers and employers and the preferential use of voluntary modes in settling disputes, including conciliation, and shall enforce their mutual compliance therewith to foster industrial peace.

The State shall regulate the relations between workers and employers, recognizing the right of labor to its just share in the fruits of production and the right of enterprise to reasonable returns on investments, and to expansion and growth.

AGRARIAN AND NATURAL RESOURCES REFORM

Sec. 4. The State shall, by law, undertake an agrarian reform program founded on the right of farmers and regular farmworkers, who are landless, to own directly or collectively the lands they till or, in the case of other farmworkers, to receive a just share of the fruits thereof. To this end, the State shall encourage and undertake the just distribution of all agricultural lands, subjects to such priorities and reasonable retention limits as the Congress may prescribe, taking into account ecological, developmental, or equity considerations, and subject to the payment of just compensation. In determining retention limits, the State shall respect the right of small landowners. The State shall further provide incentives for voluntary land-sharing.

Sec. 5. The State shall recognize the right of farmers, farmworkers, and landowners, as well as cooperatives, and other independent farmers' organizations to participate in the planning, organization, and management of the program, and shall provide support to agriculture through appropriate technology and research and adequate financial, production, marketing, and other support services.

Sec. 6. The State shall apply the principles of agrarian reform or stewardship, whenever applicable in accordance with law, in the disposition or utilization of other natural resources, including lands of the public domain under lease or concession suitable to agriculture, subject to prior rights, homestead rights of small settlers, and the rights of indigenous communities to their ancestral lands.

The State may resettle landless farmers and farmworkers in its own agricultural estates which shall be distributed to them in the manner provided by law.

Sec. 7. The State shall protect the rights of subsistence fishermen, especially of local communities, to the preferential use of the communal marine and fishing resources, both inland and offshore. It shall provide support to such fishermen through appropriate technology and research, adequate financial, production, and marketing assistance, and other services. The State shall also protect, develop, and conserve such resources. The protection shall extend to offshore fishing grounds of subsistence fishermen against foreign instrusion. Fishworkers shall receive a just share from their labor in the utilization of marine and fishing resources.

Sec. 8. The State shall provide incentives to landowners to invest the proceeds of the agrarian reform program to promote industrialization, employment creation, and privatization of public sector enterprises. Financial instruments used as payment for their lands shall be honored as equity in enterprise of their choice.

URBAN LAND REFORM AND HOUSING

Sec. 9. The State shall, by law and for the common good, undertake, in cooperation with the private sector, a continuing program of urban land reform and housing which will make available at affordable cost decent housing and basic services to underprivileged and homeless citizens in urban centers and resettlements areas. It shall also promote adequate employment opportunities to such citizens. In the implementation of such program the State shall respect the rights of small property owners.

Sec. 10. Urban or rural poor dwellers shall not be evicted nor their dwellings demolished, except in accordance with law and in a just and humane manner.

No resettlement of urban or rural dwellers shall be undertaken without adequate consultation with them and the communities where they are to be relocated.

HEALTH

Sec. 11. The State shall adopt an integrated and comprehensive approach to health development which shall endeavor to make essentialgoods, health and other social services available to all the people at affordable cost. There shall be priority for the needs of the underprivileged sick, elderly, disabled, women, and children. The State shall endeavor to provide free medical care to paupers.

Sec. 12. The State shall establish and maintain an effective food and drug regulatory system and undertake appropriate health manpower development and research, responsive to the country's health needs and problems.

Sec. 13. The State shall establish a special agency for disabled persons for their rehabilitation, self-development and self-reliance, and their integration into the mainstream of society.

WOMEN

Sec. 14. The State shall protect working women by providing safe and healthful working conditions, taking into account their maternal functions, and such facilities and opportunities that will enhance their welfare and enable them to realize their full potential in the service of the nation.

To Be Continued

DARE TO SAY NO TO DRUGS

DOLORES SIBONGA
for Mayor

DOLLARS FOR DOLORES

- Even away from Seattle, you can join and support a historic struggle for improving the collective image of being a woman, a minority, a Filipino, an Asian, and an American. DOLORES SIBONGA personifies such an image, and more.
- Dolores is the first Filipino-American to pass the Washington State Bar examination. She is the first Filipino-American elected to the Seattle City Council. Currently in her third term, Dolores is the first Filipino-American to serve on the Board of the National League of Cities. Dolores is also a member of the Democratic National Committee.
- However, there is one nagging question that she has grappled with: "Can a minority — a Filipino-American — and a woman candidate become Mayor of Seattle?" The answer is: YES — YES — YES!
- With your campaign support, Dolores can be the first Filipino-American elected Mayor of a major city in the United States.
- Dolores needs funds to mount a successful campaign. One solution: skip a bottle of wine while dining out, a new shirt/skirt when on a shopping spree for clothes, or something in one of your routine good times — and donate that cost to this cause.
- Your support will definitely make a difference.
- Remember, this may well be a once-in-a-lifetime opportunity for you to make a meaningful difference.
- Asian-Americans badly need role models.
- The New York Daily News' latest study reveals that by the year 2000, Filipino-Americans will be the most numerous Asian-Americans in the tri-state of New York, New Jersey and western Connecticut; they are as numerous in cities like Los Angeles, Honolulu, Chicago, Houston, Dallas and Seattle. But such statistics are meaningless without translating them into power somehow and somewhere.
- Let us start in Seattle, with Dolores. Make Dolores one of those role models by giving her your financial support.

Enclosed is my contribution payable to Dolores Sibonga for Mayor. $20 or more (_____)

NAME: _____ ADDRESS: _____

CITY/STATE: _____ ZIP: _____

Please send your donation to: **DOLORES SIBONGA FOR MAYOR**

2525 - 5th Avenue / Seattle, WA 98121 / (206) 443-5626

(NB: If you want to do more, please, multiply this appeal and disseminate among your friends and colleagues.)

Dolores Sibonga for Mayor 2525 - 5th Avenue Seattle WA 98121 206 443-5626
Rose Landberg, Treasurer

DATELINE NEW YORK

By Ronnie G. Alejandro

Outstanding Filipino awardees of the "Pride of the Malay Race — Perlas ng Silangan" at the New York Lincoln Center.

OLMEDO-COSIO ART EXHIBIT

Philippine Center in New York city was the site of the Onib Olmedo-Allan Cosio art exhibit show.Entitled "Two Visions," Cosio and Olmedo's art creations utilize indigenous Philippine natural fibers such as abaca, kenaf, maguey, degummed ramie, abaca pulp and *buntal* from buri palm.

Cosio's works explore fiber textures and patterns from natural fibers transforming them into woven sculptures and tapestries.

Olmedo's expressionist vision, on the other hand, explores various fibers as a medium of expression. He paints colorful acrylic pieces and dramatic black and white renderings on abaca pulp as his canvas.

With Olmedo, sculptor-painter Cosio represented the Philippines recently in the invitational Baghdad International Art Festival. Olmedo is a Gold medal awardee in both the Mobil Art Awards and the Philippine National Art Competition. Cosio, with 10 one-man shows to his credit, is a recent recipient of a grant from the prestigious Pollock Krasner Foundation in New York.

PRIDE OF MALAY AWARDEES

Outstanding Filipinos in America who excelled in the fields of arts, culture, and journalism were honored with the first "Pride of the Malay Race — Perlas ng Silangan Awards" at New York's Lincoln Center last June 16.

Music awardees were Rowena Arrieta, Michael Dadap, Rene Dalandan, Carmen Lugay, Rev. Benjamin Dino; for journalism, Dani Aguila, Cecile Gullas, and Alex Esclamado; Manuel Rodriguez (Visual Arts); Corazon de Jesus (Art);

Anthony Jalandoni (Photography); V. C. Igarta (Painting); The Philippine Dance Company of New York (Dance); Florecita P. Limjuco (Video); Nick Libramonte (Fashion Art); Rolando Carbonell (Poet); and Reynaldo G. Alejandro (Choreography and Culinary Arts). Alejandro was the only awardee to receive two awards.

The program was co-sponsored by the Philippine Junior Science League in America headed by Antero S. Sarreal III and the United Asians Lions Club of Staten Island with Dr. E. Gary Villanueva as president.

DANCE COMPANY AT MUSEUM

The New York-based Philippine Dance Company, the oldest existing performing arts group in America, recently celebrated the Pacific People's Month at the Museum of Natural History.

Held at the museum's People Center, the weekend featured Philippine dances, martial arts, and food. A talk-slide show on Filipino cuisines was also presented with an array of Philippine delicacy on display.

COLORADO BEAT

By Elnora M. Mercado
Colorado Correspondent

FAAC IN EDGEWATER PARADE

The Filipino American Community of Colorado (FACC) participated in the Edgewater Day parade last July 29 and won third place in the Marching Contest.

In colorful costumes, FACC members sang native songs as they marched through the streets of Edgewater, a little city just outside Denver. Spectators along the streets applauded and expressed appreciation by waving and thanking the participants.

The parade ended at the city's civic plaza where four FACC young members danced *Sayaw sa bangko* to the delight of the audience. Following the parade, the town members were invited to the FACC Cultural Center at 1900 Harlan Street where they were treated to a native food and crafts bazaar.

TRADE AND INVESTMENT SEMINAR HELD

A seminar on International Trade and Investment: the Pacific Rim and the Philippines, sponsored by the Asian Chamber of Commerce (ACC) and the Filipinos of Colorado, was held in Denver last July 21.

Members of the Filipino American Community of Colorado, Philippine American Society of Colorado, and the Bayanihan Society of the Philippines attended the seminar.

Among the topics covered were "The development of the Pacific Rim and how to do business therein" by Dr. James Kent, Chief Executive Officer of SRM Corporation and "Trade and investment opportunities in the Philippines" by Hon. Luis Garcia, Philippine Commissioner of Trade and Industries.

Other speakers were Dr. Felix DyReyes, Executive Vice President of ACC who emceed the event, Denver Mayor Federico Pena, Dr. H. S. Adnan, ACC President, Philippine Consul Amada Cortez and Dr. Amelia Ashmann.

NEWSBRIEFS

Ronnie Alejandro, right, is the only awardee to receive two awards, Choreography and Culinary Arts, at New York's Pride of Malay Race program.

APPA OFFICERS INSTALLED

The newly elected officers of the Association of Philippine Physicians in America (APPA) were installed last July 29 in St. Louis, Missouri.

They are Frederic Quevedo, President; Amante G. Legaspi, president-elect; Jose Vijungco, vice president; Connie Uy, secretary; Rolando Casis, treasurer; Francisco R. Rabadam, auditor;

And governors Lilia Villarama, Stela Evangelista, Regulo Tobias, Heathcliff Quioco, Wilfredo Buhain, Edmundo Relucio, Rodrigo Floro, Rolando Santos, Rolando Sineneng, and Lestrino Baquiran.

Members of the Filipino American Community of Colorado participating in the Edgewater Day parade in Denver.

SIPA DIRECTORS INDUCTED

The Search to Involve Pilipino Americans (SIPA) inducted its new Board of Directors last July 29 at Loyola Marymount University.

They are Gerald Gubatan, president; Jeff Nale, vice president; Jay Virata, secretary; and Susan Maquindang, treasurer.

SIPA's new board members are Aileen Almeria, Aleanor Briscoe, Enrique de la Cruz, Estela Figueroa, Eric Furbeyre, Cecy Groom, Richard Katsuda, Mike Santa Ana and Art Tang. They joined the incumbent board members who are Helen Brown, Cathy Casuga, Paul Chikahisa, Celia Cudiamat, Renato Domingo, Ruby Villanueva and Glenn Andres.

SIPA, a Los Angeles-based nonprofit agency geared to the welfare of the Filipino youth, is now on its 17 years of existence having been fathered by Roy Morales, social worker and longtime activist in Los Angeles. Meg Thornton is the current SIPA Director.

BUSINESS IN TARLAC

Tarlac Governor Mar Un Ocampo III was in town last July when he presented his rural industrialization program plan to fellow Tarlakenians and other prospective investors in the business community.

It is envisioned that each town in Tarlac will have a distinct rural industry. For starters, umbrella and bag factories are already operational in Tarlac town. Projects slated for other towns include *ilang-ilang* and bamboo production, wood and lumber products, resort area, and many others.

The provincial government, on its part, is busy with infrastructure projects like building mini-dams, road and bridge improvements, among others.

The program is under the aegis of "Lingkod Tarlac Foundation, Inc.," a private entity, so as to keep the project with a minimum of government interference.

Interested parties can find all they need to know about investing in the province of Tarlac, Philippines through the foundation with its address, c/o Technology and Livelihood Resource Center, Ground Floor, Urban II Building, Sen. Gil J. Puyat Avenue Extension, Makati, Metro Manila, Philippines.

Cecilia M. Brainard with noted Filipino writer Bienvenido N. Santos.

PEOPLE IN THE NEWS

Alex Esclamado of San Francisco, CA was awarded last May the Philippine Legion of Honor, Degree of Officer, the highest award given by the president of the Philippines. He was cited, among others, for his outstanding service to the Philippines and to Filipinos everywhere and for spearheading the Filipino American unification movement. Esclamado is the Editor-in-Chief and Publisher of *Philippine News.*

Dr. Rey Landero, Carson, CA. physician, was appointed Commissioner of the Los Angeles Cultural Heritage Commission last June 27. His appointment by the Los Angeles City Council was recommended by Mayor Tom Bradley and Councilman Joel Wachs.

A. B. Santos of San Diego, CA was named the 44th Congressional District Citizen of the Month of April in the Asian community by Congressman Jim Bates. Santos is a real-estate broker and one of the founders of the Pilipino American Community of San Diego County. He is deeply involved in community activities either as a member or officers of various organizations.

Paulyn P. Sicam, Philippine writer and journalist, talked about the state of Philippine writing at the monthly meeting of the Filipino American Press Club of Los Angeles held at the Filipiniana Bookshop in Beverly Hills last July 6.

Edna P. Vergel of Carson, CA was selected Mrs. July of the Los Angeles Fil-Am Friendship Club in its monthly Hawaiian dance program. Vergel, originally from San Rafael, Bulacan, was also dubbed as Lady of Rizal during the Knights of Rizal celebration last June.

Gloria Megino Ochoa, Santa Barbara, CA County Supervisor, was honored by the "Friends of Gloria," in a program dubbed as "Celebration of the Pilipino" at the dinner-dance held in her honor at the Queen Mary at Long Beach last June 17. Ochoa is the highest-ranking elected official in the U.S. mainland. The highly successful event was chaired by Mrs. **Lou D. Baron** and Dr. **Fred Quevedo.**

Edna P. Vergel dubbed Lady of Rizal during the Knights of Rizal celebration.

Author **Cecilia Manguerra Brainard** of Santa Monica, CA was recently awarded a $5,000 California Arts Council Artist's Fellowship in the fiction category.

Brainard is the author of the short story collection, "Woman with horns and other stories," published last year and numerous stories and essays published in the United States and in the Philippines.

Marissa Castro was appointed last August as director of Asian Pacific Affairs for the Los Angeles office of CA Assembly Speaker Willie Brown. She was formerly with the office of Assemblyman Mike Roos as field deputy and administrative assistant. Castro, who hailed from Cavite, is a graduate of U.C.L.A. where she majored in political science.

Richard Bustillo, Director of IMB Academy, Martial Arts & Fitness Center in Torrance, CA was selected as Head Coach of the 1989 USA Eskrima Team which participated in the World Eskrima-Arnis-Kali held in the Philippines last August. **Ted Lucaylucay,** of Carson, CA was chosen Manager of the team.

Two team members won gold and silver medals against teams from 11 countries. **Richard Atterado** won the gold medal in the welterweight division while **Alan Montoya** garnered the silver in the lightweight division.

Grandmasters **Dionisio Canete** and **Teo "Cacoy" Canete** were guest martial arts instructor at the University of Utah martial arts summer camp last August 4-6. Dionisio is the president of the National Arnis Association of the Philippines while Teo is the venerable elder statesman of Eskrima. Both of them are experts in the *doce pares* system of Filipino martial arts.

NEWSBRIEFS

Tony Grey of Oxnard, CA was recently reelected as Executive Director of the Filipino American Council of Ventura County. The Council is composed of various Filipino American organizations in Ventura County.

The other elected officers are Lito de Castro, Asst. executive director; Rudy Leporada, Secretary; Fred Umayam, Asst. Secretary; and Lucy de Castro, Treasurer.

Perry Diaz was elected as state chairman of the Filipino American Republican Council of California (FAR-CC) in its convention last June 16 at Burlingame. He took over the office from Hernando Caampued, outgoing chairman.

Delegates from nine county chapters also elected Ramon Laconico, North Region co-chairman; Dr. Oscar Damondon, South Region co-chairman; Pat Engkabo, recording secretary; Del Miller, corresponding secretary; Judy Tafoya, treasurer; and Tom Navarro, Dr. Fred Bautista and Bob Medina as public relations officers.

Commissioner Georgia Megue, founding member of FAR-CC inducted the incoming officers.

Dan Uaje was recently elected Councilman of Darien, Illinois to replace an alderman who resigned when he moved out of town. Uaje, who is the first Filipino American to become a Darien alderman, is director of the Filipino Americans of South Du Page and a community leader.

TACOMA FIL-AM LEAGUE

The Filipino American League of Tacoma, Washington recently held its 18th anniversary and inducting of officers, with Consul General Jaime Bautista inducting the officers.

Inducted were Jaime Bernal, President; Jesse Ventura, Vice President; Siony Seatress, Secretary; Cora Musgrove, Vice Secretary; Tina Costales, Treasurer; Luz Valdez, Vice Treasurer; Jojo Dizon and Isidro Valdez, Sgt. at arms; Tessie Blanco, James Martinez and Ted Abuan, Board Members-at-large.

Consul General Leonides T. Caday, right, receiving all back issues of ***Heritage*** *magazine from editor and publisher Victor P. Gendrano.*

HERITAGE MAGAZINE DONATED TO PHILIPPINE CONSULATE

Victor P. Gendrano, editor and publisher of Heritage, quarterly magazine of Filipino culture, arts and letters, donated last July 25 to Consul General Leonides T. Caday a complete set of the back issues of the magazine for the consular library.

Heritage, the only magazine on Philippine culture published in the United States today, is now on its third year of publication, having been continuously published since June 1987. It regularly features successful Filipino Americans who not only excel in their chosen profession, but also render valuable public service to the community.

Other topics covered are Filipino cultural values, trivia filipina, biobibliography of Filipino American writers, health, tips to immigrants, recipes, and literary articles.

Caday lauded the efforts of Gendrano in promoting the rich Filipino cultural heritage through the pages of the magazine.

"Heritage definitely fills the need for Philippine reading materials not usually available to the Filipino community abroad. It is a welcomed addition to the burgeoning collection of the Consulate library," Caday acknowledged.

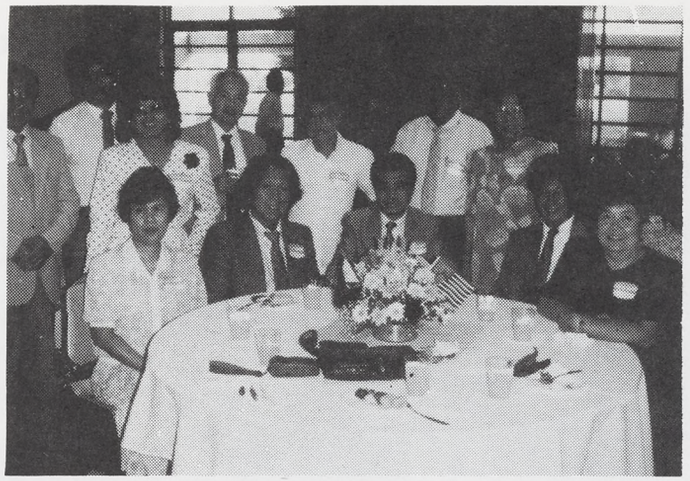
FIL AM CATECHETICAL CONFERENCE

His Eminence, Cardinal Jaime Sin, Archbishop of Manila, delivered the keynote address at the "Filipino American Catechetical Conference" held at Loyola Marymount University last July 22. He talked about the challenge to the Filipino catholic in a foreign land.

The conference covered various topics such as conflict resolution the Filipino way, spiritually, biculturalism, social needs and history of Filipino Americans, pastoral work, musical liturgy, among others.

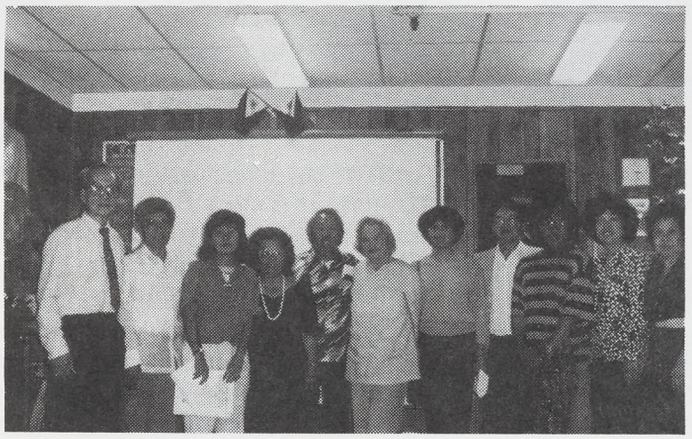
Noted speakers include Diana McDermott, Roy Morales, Brad Bagasao, Ruben Gregorio, Noemi Castillo, Jose Bayani, Les Santos, Stanley Lee, Rose Valencia, Ted Gresh, Fred Samson, Belinda de Leon, Casimero Tolentino, Susan David, Rose Andres, Nina Hernandez Thomas, and Revs. Mel Trinidad, Mac Gonzales, Cesar Encinares and Marcial Juan.

The conference was sponsored by the Office of Religious Education, Filipino Catechesis, Archdiocese of Los Angeles headed by Sister Marilena Narvaez in collaboration with the Filipino Pastoral Ministry, Federation of Filipino Rosary and the Filipino communities in the parishes.



Consul General Leonides T. Caday, front center, with the members of the Filipino Community of Carson during Sinait-Carson sister cities program.

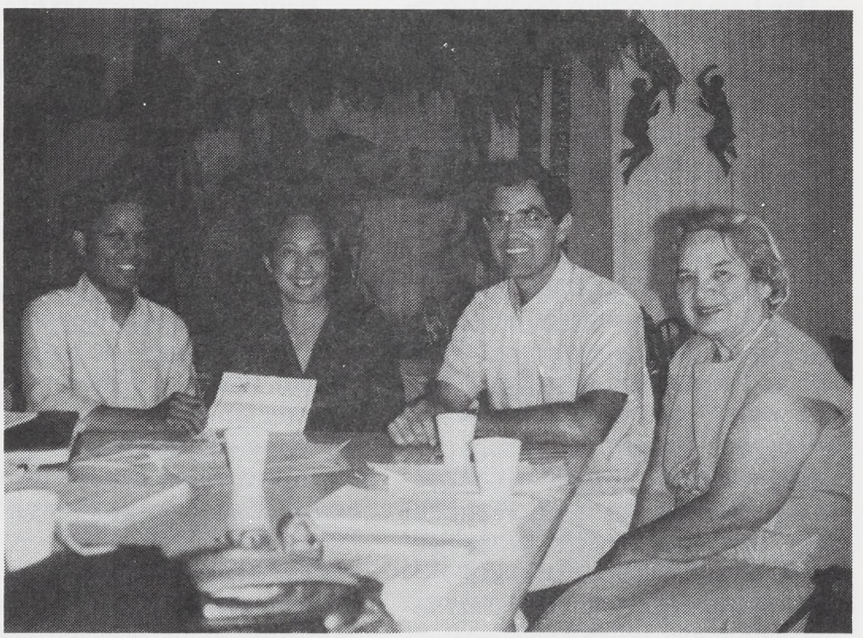
Romeo Santos, President of SCAFI, and Tita Quintos dancing the Amenudo for fund raising to benefit the poor in the Philippines.



Philippine Independence Day program hosted by Heritage Publishers for the Asian American Drug Abuse Program, Inc. AADAP members and guest performers are pictured here.

FCC Dance group performing Carinosa dance at the Asian Pacific Friendship Day at Carson, CA.

Mrs. Tita R. Tudtud, left, and Dr. Juan R. Galido, Jr., right, were honored as the 1989 "Outstanding Boholanos of Southern California" at the 34th Annual Luau of the Boholanos of Southern California, Inc. held on August 19 in Los Angeles.



Newly elected membersof Pamana, Institute of Philippine American Culture. Left to right, Gerard Gubatan, Treasurer; Tania Azores, Secretary; George Brown, President; and Helen Brown, Vice-President.

PORTRAIT OF A KEYBOARD AND RECORDING ARTIST

Relly Coloma, pioneer in recording organ music in the Philippines, is a highly respected keyboard specialist. He learned to play the piano at the tender age of five at the urgings of his mother. Fourteen years later, he graduated in piano from the Conservatory of Music, University of the Philippines.

At this time, he was a keyboard consultant at the Yupangco Yamaha Music Corporation in Manila. He was also the first faculty member at the corporation's Yamaha Music School. After learning the rudiments and techniques of the electronic organ from famed Japanese organists Kirino, Oka and Sekito, Relly traveled the Philippines and Japan as Yamaha's goodwill representative.

Before the end of 1969, Relly was "discovered" by Villar Recording Company. His fruitful association with the recording company resulted in 89 long-playing albums. His very first one, entitled "An Evening of Philippine Music," won the Golden Record Award. From 1970 to 1973, he was the recipient of the Awit Award's Best Instrumentalist.

In 1971, Relly and his family moved to Toronto, Canada working for Yamaha and performing at hotel lounges and giving concerts. In 1975, he won the National Grand Prix in the Yamaha Electone Concur.

At present, Relly is residing in the South Bay area of Los Angeles where he is working as marketing director of a piano dealership.

Lisa Magsimbol, a young promising singer from Cerritos, performing at the Philippine Independence Day celebration in Los Angeles.

Relly Coloma, right, with Boni Sanchez, family friend and proprietor of Sanchez Ship Supplies in San Pedro, CA.

Corazon Ugalde Yellen, model, actress and author, is hosting a radio talk show program called "What's Cooking — Beauty and Fashion with Cora" on KPSC, cable-subscription broadcast station. The program is featured every Friday and Saturday, from 11 to 12 noon.

LITERARY SECTION

Edited by A. G. Hufana

MANHATTAN RAIN

(For Con)

By Carlos A. Angeles

Walking down Lexington Avenue,
beneath the rainlashed canyons of Manhattan,
you by my side, umbrella-less,
your eyes misting like dark welling pools,
how can we survive the autumn pall?
As we turn left on 43rd Street East
towards La Biblioteque on a dead end street,
in the wet panic of a sudden downpour
I cry: "Run, we'll make it!"

We'll make it, as we made it years ago,
remembering that trek to Tubao in Luzon,
to flee the fire-gutted mountain city
and disemboweling bombs of friendly forces,
the rain drenching the thin shreds of our escape,
and you, heavy in the womb
with our first-born-to-be,
clinging to rope I tied around your waist
to hoist you up through mud-slicked steeps,
clinging to hope the way
the despairing clutch at and claw
the dank unreachable
nothingness that's everywhere,
the way the drowning strangle
in the airless deep . . . "Hang on?!"
"We'll make it," I cried, "hang on!"

Con, my wife and mother of our seven joys,
how long ago since last we shared
the fled persuasiveness of panic in the rain?

Walking crosstown to Park Avenue
under a steady drizzle of the ended day,
you hand me the Evening paper to cover my head
and protect me from remembrances.

DISTANCE AND MEMORY

By Flor Dar Millare, Ph.D.
National City, CA

Manila to San Diego,
The distance between the two
Is just a flash of a memory.

I breathe the dust and turn to the spell
Of a crowded city and many shifting feet,
The fumes of jeepneys and many a smell
As they race down the narrow street.

I hear the fury of rain hitting high,
The whizzing of a raging storm
That knocks trees down as rooftops fly
And flood swells down into my room.

Bells ring, bands parade, rockets flare
To herald the day of our fiesta
Riot of music and color, folks in their fare
Enjoying the drinks, pansit and lumpia.

It's so far away from Manila to San Diego,
But as love is the home and memories glow
There's really no distance between the two.

BUKAS NA LIHAM

(Kay Mena at Sylvia)

Ni Victor P. Gendrano

Nagbabantang luha'y huwag mong pigilin
Sa agos hugasan sugat ng damdamin,
Hayaang sa lungkot pilit na limutin
Magdarayang pusong nagbigay hilahil.
Noo mo'y itaas, loob pagtibayin
Ang gulong ng buhay may taas at lalim.

Nang dahil sa isang pusong salawahan
Nagtaksil sa sumpang paimbabaw lamang,
Narahuyong sukat sa murang kariktan
Banal na pangako'y kusang tinalikdan,
Di man lang pinansin ang bunsong naiwan
Sa biglang pagalis sa inyong tahanan.

Walang nangyayari sa balat ng lupa
Di may kagalingang Kanyang ninanasa.
Kaya't ang damdaming nalunod sa luha
Bukas may ligayang dulot ni Bathala.
Bawat pagtitiis may sukling biyaya
Karampatang lunas sa mga dalita.

ABOUT HOUSE LIZARDS

By P.C. MORANTTE
Lompoc, California

Our houses in the Philippines are shared by house lizards. They are small as anchovy and their skin is soft and somewhat herringlike. They like to patrol on the ceiling of houses in search of mosquitoes, gnats and moths for these are what they live on.

One evening, grandfather and I were lying on a mat in the living room. We were watching two house lizards making a rasping noise on the ceiling. They were fighting.

We noticed that one of them had a little moth in its mouth, and the other was gnashing and snapping its jaws in an attempt to forcibly wrest the tidbit. As they briskly pitched their heads against each other, the tiny insect somehow got dislodged from the lizard's mouth and it floated down on the air. Evidently, it was still alive, for after a momentary free fall it managed to spread its wings and stay airborne, then flew away.

The house lizards continued their battle despite the fact that the food they were fighting for was already gone. The screeching noise they made seemed to my ears like a file sharpening a ripsaw.

"They are sure mad at each other," I said.

"Just like human beings," grandfather added, "fighting and sometimes killing each other for nothing."

Now the house lizards can walk on the ceiling because their legs have adhesive paws. But if two of the legs of the lizard loosen to unstick, it falls down. Thus it happened that in their furious struggle to outbite each other, their jaws got firmly locked so that they had to use their forelegs to get out of the jam. At this point, gravity pulled down their bodies together and they tumbled down through space, landing on the bare floor near us.

We turned our heads to watch. For a moment their tangled bodies lay still, apparently hurt by the fall. But soon they stirred and recovered their unspent strength. Then they began to free themselves from each other's hold as if realizing the senselessness of continuing the fight. They quickly broke off and scampered in opposite directions.

"See what happened?" said grandfather.

"Yes," I answered, "they fought and fell down."

"They fought for nothing and no doubt hurt themselves. Sometimes people are like that: they get hurt fighting over nothing."

FOLKNOTE

I do not know who originated this fascinating legend, but some folks in our hometown used to say that the house lizards were originally marine animals belonging to the anchovy family. They were forced to get out of the water and live on land because they wanted to escape being the food of the big fishes.

Now according to my grandfather, who seemed much more imaginative than most teller of tall tales at home, he used to tell us kids that house lizards were originally herringlike fish. Because they were fed up with their unhappy lot, they asked God to take them out of the sea and make them land-dwellers like the lizards. God granted their wish.

Being on land, however, they soon realized, was just as dangerous. They were prey to grass lizards, snakes, toads, bull frogs, rats, cats and even chickens. So they cried again to God for help. God, being infinitely patient, asked them where they would like to live.

"In the air," said the lizard leaders.

"Nobody can live in the air. Even the birds stay in trees," said God.

"Then put us anywhere except on the ground or in the sea."

"Very well then, said God, "you will be dwellers in the houses of people. Although people do not eat lizards like you, do not think that you will be free from being eaten, because there are rats and cats in people's houses."

"How about giving us four or six eyes so we can see our predator?" ask the lizards.

"You are asking too much. I have created no creature with more than two eyes," said God, a bit annoyed. "Even I who can see everything everywhere on earth have only two eyes. But this I will do for you: I will make the underside of your paws sticky so that you can climb up and down walls easily and even stay on the ceiling without falling down. From the ceiling you will be able to look down, and cats and rats cannot see or reach you."

"But what do we eat — air?" asked the lizards.

"You are becoming impudent," God chided them, "nobody can live on air alone. Trust me to feed you as I feed all creatures I have made. And know this: life is always a risk, not a joy ride. You eat what you catch hunting. As you crawl about the ceiling you will be able to catch tiny insects with your mouth. But you have to be very careful. You risk falling down and getting hurt and being eaten by house pets."

"We will be careful."

"And one more thing lest you forget that I have done this favor to you. You must go down from the ceiling to kiss the ground every day at Angelus time while you live, that's all."

Grandfather ended his story about how lizards came to live in houses. But the lizard's ritual of coming down to kiss the ground, as observed by people, is interpreted as a form of perpetual obedience to their Maker as well as a sign of homage and adoration.

**This is part of a book which P.C. Morantte is presently writing. It is tentatively titled "Family Anecdotes and Folknotes."*

ERRATA

On several instances in the March 1989 issue of Heritage magazine, we inadvertently mispelled the name of Mr. P. C. Morantte in this matter: Morantee. The correct spelling of his name is MORANTTE. We apologize most sincerely for any inconvenience this may have caused Mr. Morantte.

AMBITION

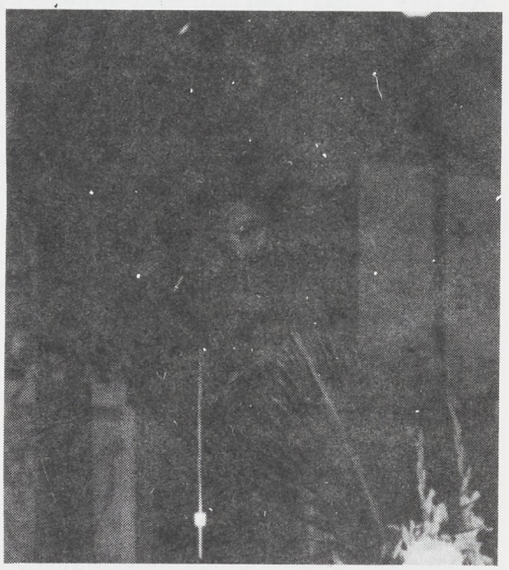
Personal ambition can be drowned if we know how to be a little bit self-effacing and self-sacrificing.

— Elpidio Quirino

Danny and Connie Manio celebrated their Silver Wedding Anniversary last June 17 at St. Philomena Church in Carson, CA.

The Filipino Community of Carson Choral Ensemble performing at the Asian Pacific Friendship Day at Carson, CA on August 19.

Consul General Leonides T. Caday and Lita Casiano showing the Christmas "parol" to be used by the Filipino Community of Carson for fundraising to build a community center.



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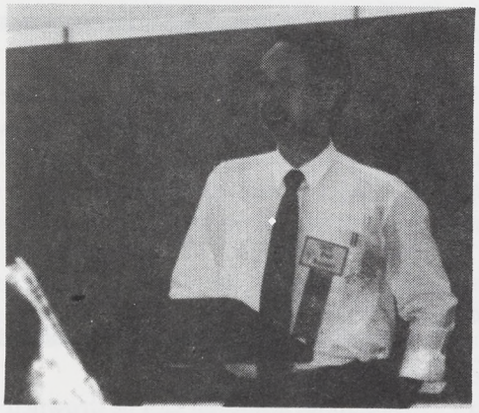


Dr. Brad Bagasao, speaker at the Catechetical conference.

Dr. Jerry Banaria of Sinait, center, presented to Carson Mayor Mike Mitoma gifts from the Philippines during the sister city reception.

FILIPINO AMERICAN AND PHILIPPINE TRIVIA

BASI REVOLT

The so-called "Basi Revolt" took place on September 15, 1807 when the Ilocanos of Piddig, Ilocos Norte rose up in arms to protest the government's prohibition of the manufacture of *basi*, the Ilocano wine.

BEAUTIFUL MANILA

Beautiful Manila is the title of a popular song composed by Roman Trias of Seattle, Washington October 15, 1928.

CARDIOLOGIST

Dr. M. Alimurung, founding president of the Philippine Heart Association, was given the highest award by the American College of Cardiology in March 1973. Dr. Alimurung is the first non-American so honored.

CAVITE MARTYRS

Thirteen Filipinos were executed by the Spanish authorities at Plaza de Armas in Cavite city on September 12, 1896.

CEBUANO SHORT STORY

Marcel M. Navarra, is considered as the "Father of modern Cebuano short story."

COLEGIO DE SANTA ISABEL

The Colegio de Santa Isabel in Nueva Caceres (now Naga City), in Bicol province, was founded on September 18, 1870 by Rev. Francisco C. Gainza. It was named after Saint Isabel, Queen of Hungary.

DENTIST, FILIPINO

Dr. Conrado Ocampo is the first Filipino in San Francisco, California where he practiced his profession from 1931 to 1971. He is also the first Filipino to graduate from dentistry at the University of Iowa. He came to the United States in July 1923 after graduating from high school in Ilocos Norte.

FILIPINO HOSPITAL

The first Filipino hospital in the U.S. is believed to be Amistad Oriental Hospital which opened on April 15, 1929 in Stockton, California. It is owned by Dr. A. F. Amistad.

HANG GLIDING

The first hang gliding from Mayon Volcano to the ruins of Kagsawa was made on May 19, 1977 by Rich Picirrilli, American professional pilot and Sgt. Eliseo Bernis, a Filipino sky-diving instructor from the Philippine Air Force. It took them 30 minutes of hang gliding from 7,000 feet above sea level to negotiate the distance.

IGLESIA NI KRISTO

Iglesia ni Kristo, officially known as Church of Christ, was incorporated by Felix Manalo, its founder, on July 27, 1914. Manalo is the son of a devout Catholic mother, Bonifacia Manalo and Mariano Sagun.

IGOROT'S CHONO

The Bontoc Igorot's tribal celebration called *chono* or wedding anniversary is considered the most expensive feast with hundreds of carabaos or water buffaloes butchered for the occasion. The highest number of cattle slaughtered in one *chono* was reported to be 250.

JUDGE, FILIPINO

Ms. Marion Lacadia Obera is believed to be the first Filipino judge in continental United States. She was appointed judge in Los Angeles, California by Gov. Ronald Reagan on May 8, 1970.

MALVAR

General Miguel Malvar (1865-1911), Batangas revolutionary leader was the last general to surrender to the Americans during the Philippine American war.

MARRIAGE, INTERRACIAL

The Supreme Court in October 6, 1948 ruled unconstitutional California's legal ban on interracial marriage. The ban has been in effect since early 1930 prohibiting Filipinos to marry whites.

MAYON VOLCANO

The first eruption of Mayon Volcano occurred on February 19, 1616 as reported by Jorje Spielberg, a Dutch navigator.

NEWSPAPER IN U.S.

The *Philippine Independent News* is the first Filipino newspaper published in the continental United States. It was published in January 22, 1921 in Salinas, California.

OPERA, ALL FILIPINO

The first opera by an all-Filipino cast in the Philippines was Verdi's Aida which was staged on February 2, 1933 at the Manila Grand Opera House.

PANCHO VILLA

Pancho Villa (1901-1925) is the first Filipino boxer who won both the American and the world's flyweight titles in professional boxing. He became a world champion after his KO of Jimmy Wilde in the seventh round on June 18, 1923. Born in Iloilo, Pancho's real name is Francisco Guilledo. He died from blood poisoning after a wisdom tooth extraction just before his last fight.

RADICAL LITTLE MAGAZINE

The first radical little magazine in the Philippines was *Expression*, edited by Francisco Arcellana and published in September 1932. Intended to be a quarterly on experimental prose and poetry, it died soon after the first issue for lack of funds.

SEA BATTLE

The first sea battle in the Philippines occurred between the Dutch ships led by Admiral Oliver van Noort and the Spaniards under the command of Dr. Antonio de Morga, off the coast of Batangas, on December 14, 1600.

STAGE QUEEN

For over fifty years, Katy de la Cruz reigned as the undisputed "Queen of the Philippine stage." In 1976, she was honored with the Tandang Sora award for her contribution to popular entertainment.

THEATRE

The first formal theatrical performance in the Philippines was a comedy written by Vicente Puche in Spanish and Latin. It was staged in Cebu in 1598.

BIOBIBLIOGRAPHY OF
FILIPINO AMERICAN WRITERS

NINOTCHKA ROSCA
NATIONALIST WRITER

One of a few nationalist writers and a product of the turbulent activism in the sixties, Ms. Rosca is equally at home as a journalist, essayist, as well as short story writer and novelist. Possessing one of the most powerful voices in literature today, she is adept at writing both in English and Pilipino, her native language.

As an ardent nationalist, she was detained for six months at Camp Crame detention center by the Marcos government right after the declaration of martial law in 1972 for her alleged "subversive" writings. After her release, she slipped surreptitiously to the United States as a political exile.

EARLY LIFE

At an early age when other children were busy playing and growing up, Ms. Rosca was preoccupied in laying the foundation of her literary career. Instead of indulging in childhood games and activities, she would devote her time to reading books at the local library. A voracious reader, she had already read Cervantes and Du Maupassant by age 9. It is not surprising, therefore, that her first story was published in a Philippine newspaper at age 12.

Born in Manila, Rosca studied at the University of the Philippines where she took English and Comparative Literature and finished her master's degree in Asian studies. While in college, her earlier stories were published in the *UP Folio,* the school's literary magazine.

AWARDS

In 1967, her story, "In The Convent" won first prize in the *Philippine Free Press* short story contest. In 1969, another story, "A Parable of Evil" garnered second prize. Three of her stories were also listed among the "First Ten Best Stories" of the *Philippine Free Press* for 1968.

In 1986, she received an award for magazine writing from the National Women's Political Caucus.

MANILA CAREER

In 1968, Ms. Rosca joined the *Graphic* magazine as associate editor and in 1970, she became a free lancer. At about this time, she became one of the three top women writers in the Philippines.

She had written for the *Philippines Free Press, Asia-Philippines Leader, Sunday Times, PIC* and *Pace* magazines, as well as for the *Sunday Express.* She was a columnist for the *Manila Standard* before moving to the *Manila Sunday Times* magazine to do a weekly column.

IN THE U.S.

In the United States, Ms. Rosca has written for a number of periodicals, including *MS,* the *Nation,* and the *Village Voice.* In 1986, her short story "Epidemic," published by the *Missouri Review,* was listed among the hundred best published for that year in a collection edited by Raymond Carver for Houghton Mifflin.

She is also the publisher of *OO, Our Own,* a bi-monthly journal of the Philippine Center for Immigrant Rights, Inc., a non-profit organization based in New York City.

BOOKS PUBLISHED

The following books by Ms. Rosca have been published.

1. Bitter Country and Other Stories. Malaya Books, 1970.
2. The Monsoon Collection and Other Stories. Univ. of Queensland Press, 1983.
3. Endgame: The Fall of Marcos. Franklin Watts, Oct. 1987.
4. State of War (a novel). W. W. Norton, May 1988.

CRITICAL NOTES

Ms. Rosca is often compared to Colombian novelist Gabriel Garcia Marquez with her short story collection. Lumbera characterized her writings as having "intertwined themes of freedom and death. The writer is a committed humanist outraged by any power that violates the humanity of man."

Another critic commented that "it is the beauty of defiance against all institutions that stifle creativity and freedom that shines through the fiction of Rosca."

Thus, discernible underneath her works is a strong voice of protest against the ineptitude of established order and the hypocrisy of some revered institutions.

On **State of War,** *Publishers Weekly* observes: "There is an erratic Kafkaesque brilliance, an intensity that makes this first novel a powerful piece of literature.

PRESENT PROJECTS

At present, Ms. Rosca is busy working on two projects: *The Moon Under Her Feet,* a novel; and *Overseas,* an account of the Filipino immigrant life in the United States based on a true story.

She requests Filipino long-timers in the United States to send her personal accounts of incidents — weird, funny, ridiculous, unusual — they've encountered, for possible integration in the plot of the *Overseas.*

Such and other correspondence may be sent to Ms. Ninotchka Rosca, c/o PHILCIR, 352 West 44th Street, New York, NY 10036.

NATIONALISM

Nationalism is two things. It is an ideology. It is a commitment. An ideology, that is to say, a concept of what the nation is, what it can be, and what it ought to be.

A commitment, that is to say, a recognized and accepted duty to help develop and to help defend one's nation so conceived. Clearly, nationalism presumes the existence of a nation about which it is an ideology and to which it is a commitment.

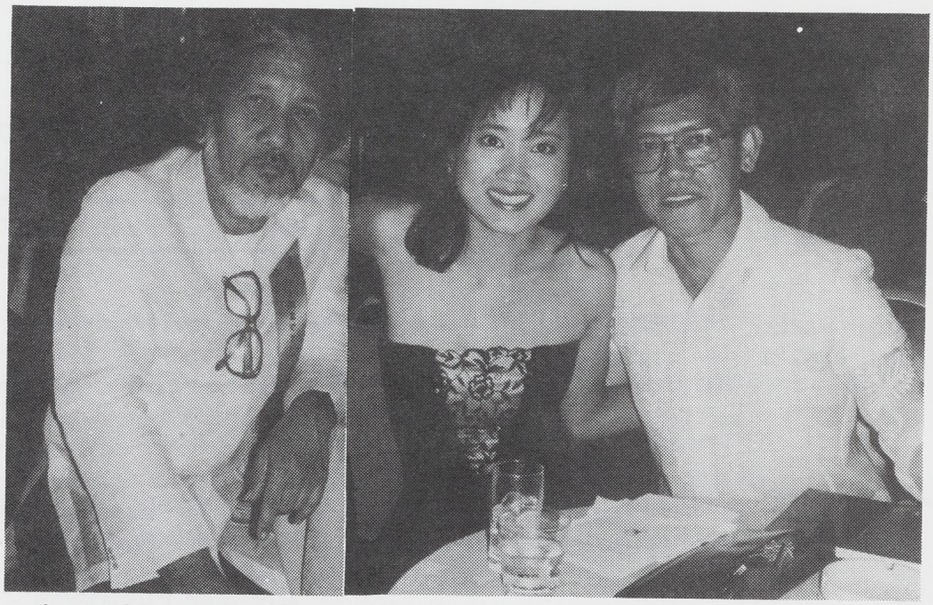
— Horacio de la Costa, S.J.

BOOK LAUNCHED BY THE FILIPINO AMERICAN PRESS CLUB OF LOS ANGELES

The Filipino American Press Club of Los Angeles launched its book, "An Anthology of Philippine Writing in America" on August 26 at the Biltmore Hotel in downtown Los Angeles.

Edited by Fred Munoz, president of the Press club, and Dr. Ludy A. Ongkeko, the book's is a compilation of articles written by Filipino writers, whose aim is to profile the members of the press club, to showcase the kind of writing Filipino American writers/journalists are capable of, and to present the benefactors of a proposed Philippine Press Center in Los Angeles. Proceeds from the sale of the book are earmarked for the seed money for the press building.

Fred Munoz and Dr. Ludy Ongkeko co-emceed the book launching affair of the Filipino American Press Club of Los Angeles.



Left to right, poet Fred Bunao, Nina de Castro, host and co-emcee of the musical talent program, "Tuklas," and Vic Gendrano, editor of Heritage magazine at the book launching.

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NEW AND RECENT BOOKS

Publishers are invited to send in their books for inclusion in this column and for possible review.

Arellano-Carandang, Maria L. Filipino Children under stress: Family dynamics and therapy. New Day Pub., Jan. 1989. $11.50. ISBN 971-113-065-3.

Aruego, Jose and Ariane Dewey. (Rockabye) crocodile. (A children's book). Greenwillow, Sept. 1988. $11.95. ISBN 0-688-06738-7.

Bautista, Romeo M. Impediments to trade liberalization in the Philippines. Gower Pub. Co., April 1989. $17.95. ISBN 0-566-05782-4.

Chapman, William. Inside the Philippine revolution: the New People's Army and its struggle for power. W. W. Norton, June 1987. $18.95. ISBN 0-393-02461-X.

Collins, Joseph. The Philippines: Fire on the rim. Inst. Food & Develop., July 1989. $18.95, paper. ISBN 0-935028-51-X.

Dunn, Williams. Pacific microphone. (Military History Ser. No. 8). Texas A & M University Press, Dec. 1988. $19.95. ISBN 0-89096-339-8.

Firth, Robert H. Philippine invasion, 1941-1942; a matter of time. Rev. ed. Firth, 1981. $6.50. ISBN 0-960-50600-4.

Hidalgo, Cristina P. Ballad of a lost season and other stories. New Day Pub., 1987. $9.75, paper. Distributed by Cellar Book Shop, 18090 Wyoming, Detroit, MI 48221.

Jones, Gregg R. Red revolution: Inside the Philippine guerilla movement. Westview, June 1989. $26.95. ISBN 0-8133-0644-2.

Karnow, Stanley. In our image: America's empire in the Philippines. Random House, Feb. 1989. $24.95. ISBN 0-394-54975-9.

TAKE TIME TO READ

Linn, Brian M. The U.S. Army and counter-insurgency in the Philippine War, 1899-1902. Univ.of North Carolina Press, May 1989. $34.95. ISBN 0-8078-1834-8.

Maslog, Crispin C., ed. Philippine communication: an introduction. New Day Pub., March 1989. $11.50, paper. ISBN 971-110-061-4. Distributed by Cellar Book Shop.

Munoz, Alfredo N. and Dr. Lourdes A. Ongkeko, eds. Anthology of Philippine writing in America. Filipino American Press Club of Los Angeles, 1989. $19.95. ISBN 0-92623615-0-X

Nance, John. The gentle Tasaday: a stone age in the Philippine rain forest. Godine, Sept. 1988. $12.95, paper.

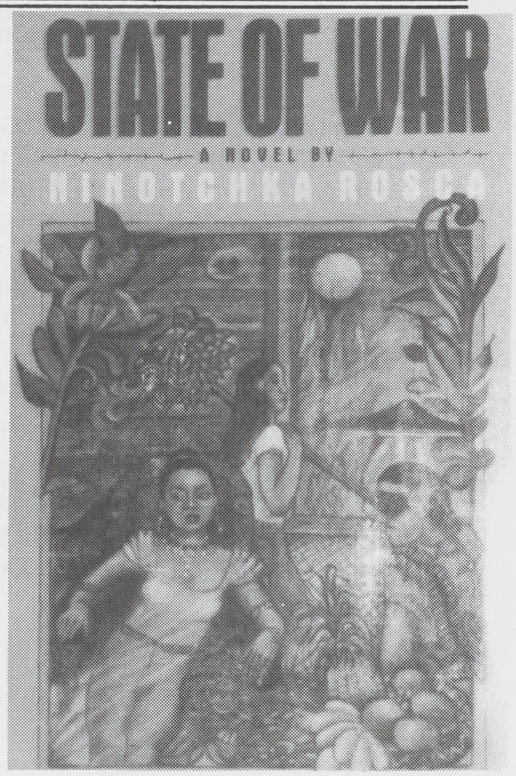
Niksch, Larry. The Philippines under Aquino: Crisis and response. (CSIS Washington Papers). CSI Studies, Sept. 1988.

Ochoa, Orlino A. The Tinio Brigade: Anti-American resistance in Ilocos province, 1899-1901. New Day Pub., May 1989. $14.50 paper. ISBN 971-0340-6. Distributed by Cellar Book Shop.

Paredes, Ruby R., ed. Philippine colonial democracy. (Monograph series No. 32). Yale Univ. SE Asia, 1989. $15.00, paper. ISBN 0-938692-34-8.

Reyes, Jun C. Tutubi, tutubi, 'wag kang magpahuli sa mamang salbahe. (Tagalog novel). 1987. $9.00. Distributed by Cellar Book Shop.

Rodriguez, Ernest O. Working with heroes and exiles. Vantage Press, June 1989. $16.95. ISBN 0-533-07896-2.



Romulo, Carlos P. and Beth D. Romulo. Philippine presidents: Memoirs. New Day Pub., April 1989. $10.75, paper. ISBN 971-10-0384-8.

Rosca, Ninotchka. The monsoon collection and other stories. (Asian and Pacific Writing No. 20). Univ. of Queensland Press, 1983. $9.95, paper. ISBN 0-7022-1741-7.

Santiago, Luciano P. The hidden light: the first Filipino priests. (Saguinsin Publication Ser. No. 1). New Day Pub., Oct. 1988. $11.25, paper. ISBN 971-10-0339-2.

Scott, William H. A Sagada reader. New Day Pub., May 1989. $13.50, paper. ISBN 971-10-0330-9. Distributed by Cellar Book Shop.

Takaki, Ronald. Strangers from a different shore: A history of Asian Americans. Little, Aug. 1989. $29.95. ISBN 0-316-83109-3.

Warren, Jas. F. At the edge of Southeast Asian history: Essays. 1987. $11.25. Distributed by Cellar Book Shop.

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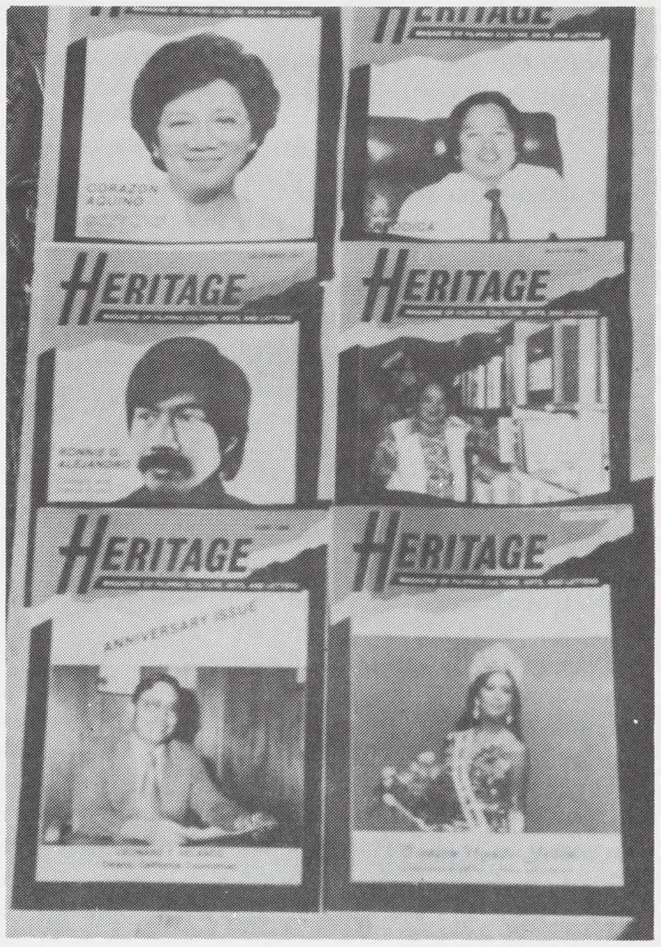

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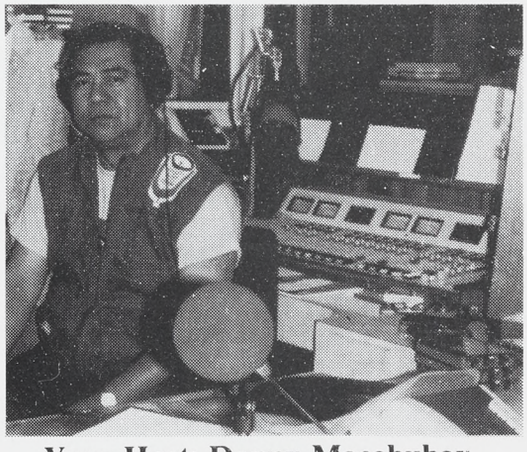

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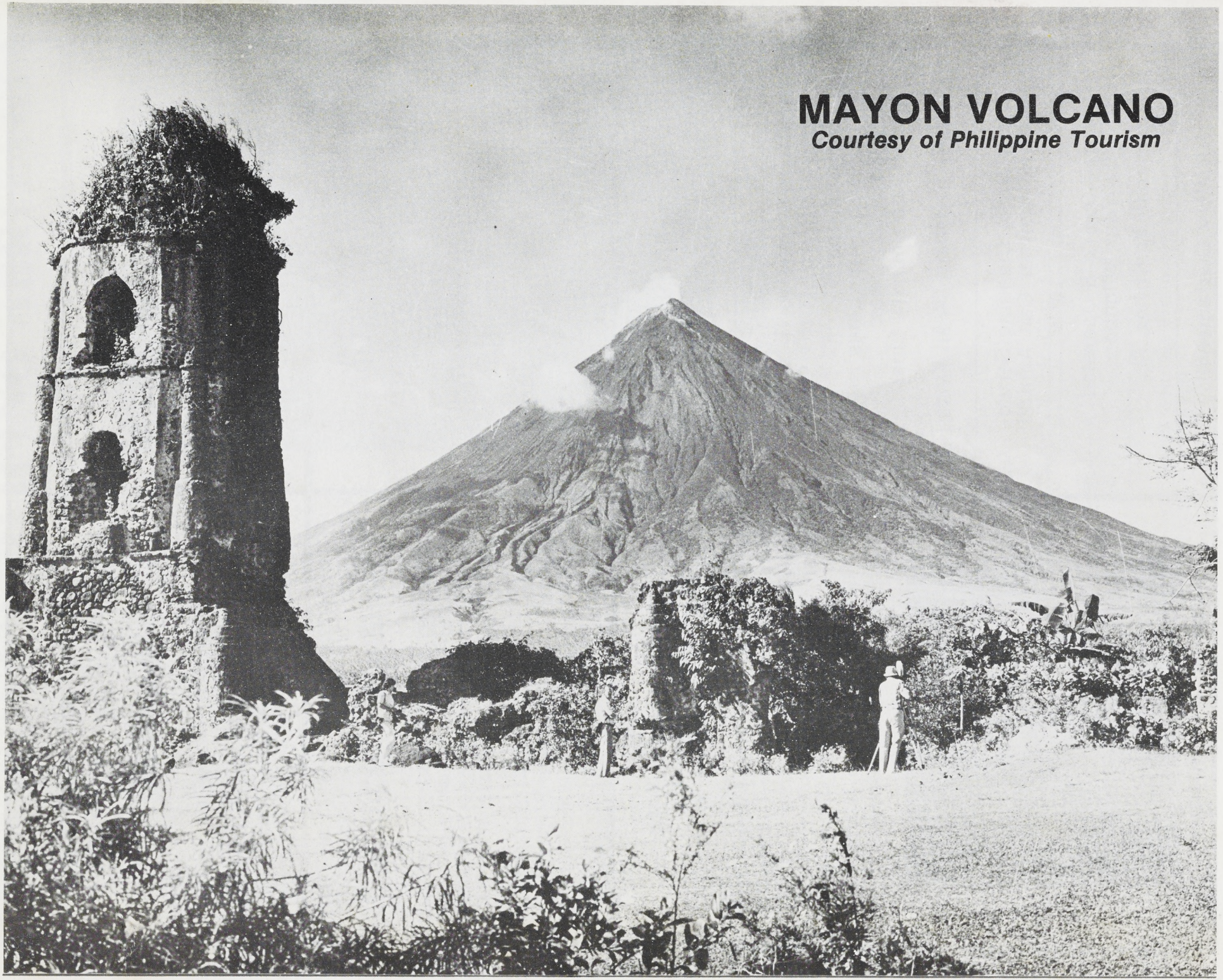

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